



# Girona City Race – 8-11 November 2018

## **Programme**

### **29th of Oct to 17th of Nov 2018**

It might be end of season but for some of you it's already time to prepare for 2019. So why not extend your weekend and stay for a training camp before or after the races to discover a variety of Catalanian terrains.

November means night-o, even in the south of Europe! We invite you to take part in our club training on Thursday evening on a map close to Girona. There will be maps on sale with marked controls for a contours only training on the map of Can Vilallonga, about 20 km from Girona.

If you are willing to travel more, we've got training sessions prepared for middle and long distance in Requesens (close to the French border, 1h 15 min by car from Girona). The terrain is hilly with interesting areas of boulders and other rock formations with the option to visit a medieval castle. There are no controls in the forest. It is also possible to buy empty maps to plan your own training or suggest specific training topics.

If you're interested in seeing a small mountain village and more countryside on your visit, courses have been planned for the map of Vallfogona de Ripollès, about 1h 15min by car from

Girona. Training on this map (with a lot of climb, beautiful views and cows) can be easily combined with a trip to the Pyrenees.

**Localization:**

[https://www.google.com/maps/d/u/0/edit?mid=1AD4NzUf0d1Cde\\_W\\_OEZ\\_w4jWGS8Ew8HY&ll=42.39098665280773%2C2.5045395046875&z=9](https://www.google.com/maps/d/u/0/edit?mid=1AD4NzUf0d1Cde_W_OEZ_w4jWGS8Ew8HY&ll=42.39098665280773%2C2.5045395046875&z=9)

**Thursday 8th of November**

- 7pm Club training open to all participants on the map of Montilivi, Girona.

**Friday 9th of November**

- 5pm The competition centre in Fontajau opens for collecting the race material with a possibility for late entries
- 6pm First starts of the night sprint in Montjuic, Girona.

The city race weekend starts with an open night sprint on the top of the hill of Montjuic. In the middle of a residential area you can find an old castle in ruins with views over the city including the beautifully lit cathedral.

A labyrinth of impassable walls creates interesting route choices for sprint. The ground can be uneven and covered with stones and grass.

The urban bus line L1 takes you directly to the start from the city centre.

**Saturday 10th of November**

- 10am The competition centre in Fontajau opens for collecting the race material with a possibility for late entries
- 10:30am First starts of micro sprints organised by the juniors of the club
- 11am First starts of the middle distance race in Fontajau, Devesa, Puig d'en Roca and Ribes del Ter.

The official Girona city race trophy begins with a middle distance in the districts of Puig d'en Roca, Fontajau and Devesa. It combines fast park and urban areas with slower forest with more climb, vegetation and an extense path network.

Just outside the map you can find the world famous restaurant El Celler de Can Roca. Girona makes an excellent culinary destination to enjoy after the race ranging from budget-friendly bars to Michelin starred restaurants.

### **Sunday 11th of November**

- 8am The competition centre in Fontajau opens.
- 8:30am First starts of micro sprints organised by the juniors of the club
- 9am First starts of the long distance part of Euro City Race tour in the old town and surroundings.

The main event of the weekend, City race on Sunday morning will take you through the roman walled city, with tight alleyways dating from medieval times and a labyrinth of narrow steps and botanical gardens. Girona's old town will prove a challenge to even the most experienced sprint orienteering athlete. The surrounding green valleys, river, fort and woodland provide the perfect backdrop to the main race, with a course set to surprise you.

### **Getting to Girona**

Girona is 50 kms from the border with France and just 40 kms from the Mediterranean coast. The best way to get here in November is by plane to Barcelona airport, by high-speed train from Paris or Madrid or by motorway. French rail company SNCF (<http://www.sncf.com/>) run the line from Paris, and Spanish rail company Renfe (<http://www.renfe.com/>) from Madrid. You can also check out the Trainline (<https://www.trainline.eu/train-times/paris-to-gerona>) for other booking options.

To fly directly to Girona airport by Ryanair, there are still a few options available in November such as flights from Krakow, Bratislava, Eindhoven or Riga.

### **About Girona**

#### **Photos**

- <https://photos.app.goo.gl/okktEYE0cDIXlnw93>

#### **Tourism**

- Turisme Costa Brava i Pirineu de Girona: <http://www.costabrava.org/>
- Associació d'Hostaleria de Girona: <http://www.gironahostaleria.com/>